

## WELCOME TO THE CIRCUS

### Step Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### Tradition Twelve

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

### Concept Twelve

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personal punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

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# Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

1



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

3



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.

4



Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.

5



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

6



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



Worship in your own way.

9



Don't sit around brooding. Catch up on those books, museums, walks, and letters.

10



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."

11



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.

12



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

## Jackie's Corner

What is the basic A.A. Service? How do you determine if other services should be continued? What is the most vital group of A.A. Services that enable us to function as a whole? When you read this pamphlet, you can say you have read the first chapter of the A. A. Service Manual. This pamphlet is reprinted from the A.A. Service Manual, pages S1 through S12. This is where Bill describes from his personal experience how our Society, as he calls it, really began to function as a whole. He tells about the Foundation, the A.A. book, the development of pamphlet literature, the answered mass of pleas for help, the satisfied need of groups for counsel on their problems, the beginning of our wonderful relations with the public all becoming part of a growing service to the whole world of A.A. I always enjoy reading the stories. He continues with stories about how the 12 Traditions took some persuading to the groups and when Medical Societies invited him to speak. Then he tells why the General Service Office handles anonymity breaks because they realized the appalling risk to A.A. And of course the birth of the Conference and how the delegates are encouraged to question everything while at the Conference.

Thanks,

Jackie

## Experience and Adventures

Sobriety and me well there's the question now isn't it for me after a couple of at rise and failed attempts at maintaining any duration of sobriety has been challenging only for the fact that I was making it so UC after many sleepless nights and many moons I realize the problem was me and not anyone around me sure I could blame people for my negative behavior and my emotional dysfunction but once I realized that in order for me to have any kind of productive and positive life and share that with anyone that was humble enough to accept that gift I had to do some serious searching.. you see for me alcohol was something I thought everybody did as a part of growing up or a rite of passage or even genetic makeup making them predisposed to certain characteristic traits but as I did more research and more soul-searching I realized that I was a true alcoholic that entails that once I started drinking I could not stop and somewhere along the way alcohol lost its fun for me and if truth be told I don't even like the taste of it. But despite the fact that I did not like the taste or the negative repercussions I found myself stuck in a Perpetual cycle of short-lived fun and long-lived heartache headache and overall depression. It's funny people drink too get away from depression but the basis of it all alcohol is a depressant and I'm wholeheartedly 100% believer in the fact that it was not made for the human body to consume but it's so socially acceptable people don't realize the damage that it actually can have on one body mind and everything that that encompasses, there were times that I drank because I was sad there were times I drank because I was proud there was times I drink because I was bored and there were times I drink when I had accomplished a feat people always ask me what am I triggers that leads me to drinking and I tell them I'm an alcoholic I don't have to have any triggers but with the grace of God and a strong program and a good support group and trusting in my heart to do what I know is right and speaking up when I've got things on my mind and not bottling up any type of emotion or situation that I have a shot at living a life of sobriety because the only enemy that will bring me down in this adventure I find my cellphone as myself I found that you get what you give and you get out of what you put into it all started for me with getting together with an individual once a week calling him every day at reading some pages in a book that set me off on a journey that I would have never thought I'd find myself, UC with working a strong program and being true to myself I realized I don't have to be ashamed of being an alcoholic and though I'll be an alcoholic for the rest of my life that doesn't mean I have to ever drink one drop of that poison ever again,... and for that I'm truly grateful

—Brian P.

Art by Hilton

I like sober Santa  
much more better!



HiltonL.

# **2018 Southwest Regional Forum Report**

**October 20-22, 2017**

**San Antonio, TX**

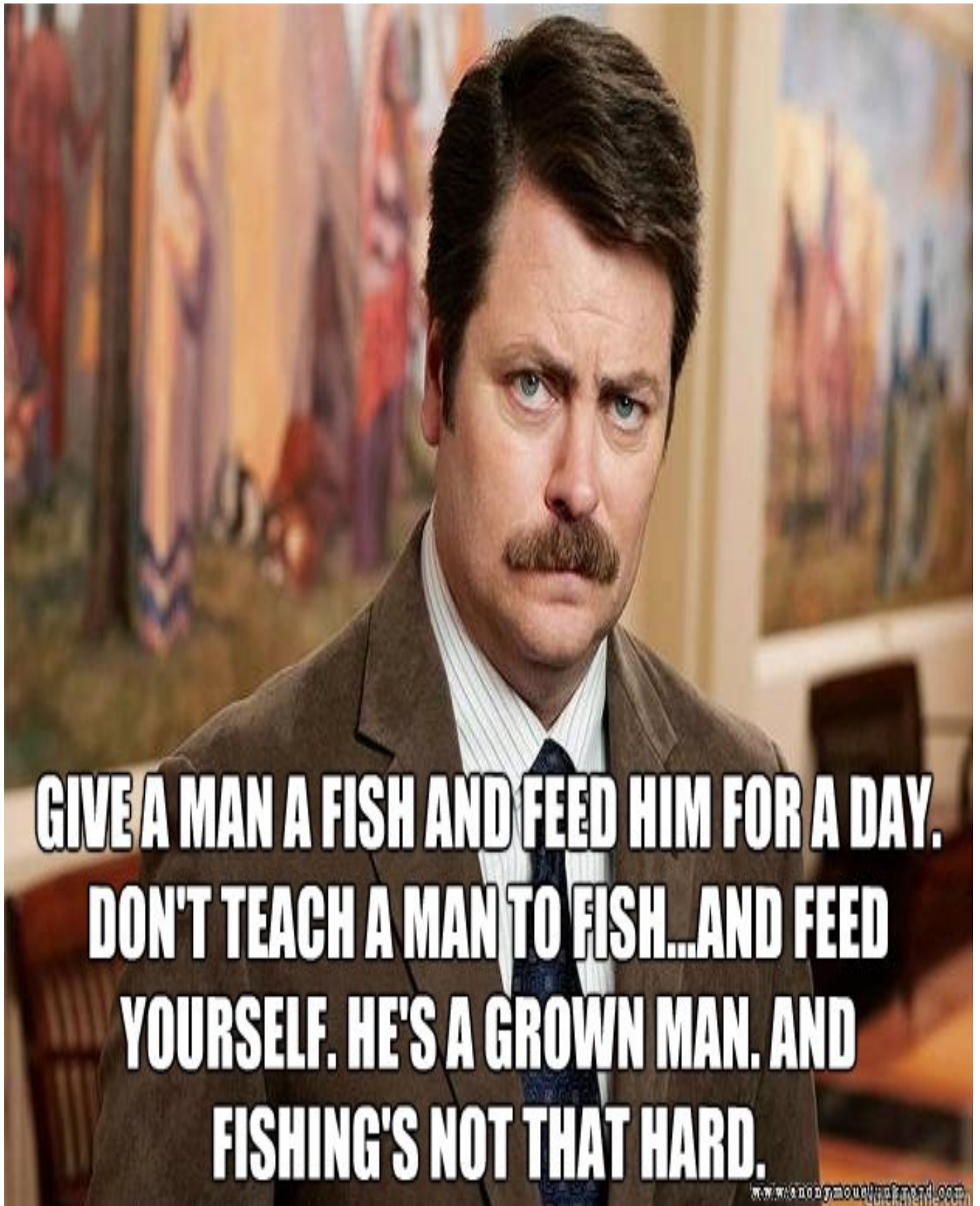
- Friday began with Welcome by Yolanda F., Southwest Regional Trustee and Opening Remarks by Michelle Grinberg, Class A (nonalcoholic) Trustee, GSB, Chairperson followed by presentations from both Class B and A Trustees with regards to General Service Board. Corporate Board presentations given by AAWS Board member and Grapevine Board member. General Sharing Session was conducted by Greg T., General Manager of GSO. The evening ended with Corrections DVD Presentation of "A New Freedom"
- Saturday morning started with presentations from 5 current delegates in the Southwest Region, including our own Delegate, Ron C. Topics presented were Technology in AA: Communication for our Present (The Future is Now!), Working with non-English Speaking Groups and Members (Ron's presentation), Our Common Welfare: Safety in AA, Three Legacies, Anonymity: Our Spiritual Foundation. The Technology in AA presentation showed that most of AA's thoughts of it being "evil" are based on fear; that instead of looking at it as a source of harm how do we use it as a source that can help make AA more effective. The Working with non-English Speaking presentation emphasized the importance of patience when trying to communicate from one language to the other. Keep it simple with nouns and verbs, slang and idioms don't translate well, and always speak from the heart instead of trying to translate literally. The Three Legacies presentation spoke on all sides of our triangle, Recovery, Unity and Service; we need them all. They all fit together to carry the message and guide us to the solution. The Anonymity showed various ways in which it was less about confidentiality and more about humility and self-sacrifice. Breaking anonymity for pats of the back instead of reaching someone who needs the hand of AA was just one of the ways. (I have the 4 out of 5 of the presentations in pdf format if anyone is interested.)
- The theme for the full forum workshop was Anonymity and the Internet; Dave H., Delegate from Area 66 presented. The Internet Guidelines, MG-18 was referenced as a good source for this topic. This subject is a constant reminder of Tradition 11 and how we must be active guardians of it.
- GSB Presentation of Finance was presented by David M., CPA, GSB Treasurer. Some highlights were that 10% of GSO contributions are done online. Literature sales are up 5% from 2015. Grapevine subscription levels increased in 2016, resulting in net income - \$165,000. 7<sup>th</sup> Tradition self-support - 2016 - \$7.9 million; Groups - \$6.5 million, Individuals - \$609,000. 7<sup>th</sup> traditions of self-support supported about 80% of services in 2016. Total expenses for 2016 - \$22.6 million. Highest cost to fellowship provided is the General Service Conference. (If you are interested in further detail, please ask me for a copy of the presentation.)
- The Big Book is soon to be in 71 languages; currently working on Navaho translation but since it is an oral language, this could take a bit more time. Punjabi Big Book is not available in US and Canada since the printing and distribution is at GSO.
- Current project at GSO is a total website design; currently in the selection process for a new vendor; 3 possibilities currently.
- I attended the CPC - Cooperation without Affiliation workshop and found it to be very interesting. With all the information and ways to Cooperate with the professional community it made me appreciate how well our area committee does this!
- At the Tradition Ten- The AA Groups Oppose No One workshop, I learned more about how we can be more inclusive without diluting our program. This workshop tied in well with the CPC one I attended. By understanding what AA is, what it isn't and what we do, CPC and Tradition Ten merge beautifully.
- Several members of district 40 attended the forum for the first time and had lots of great questions! I was so proud of all of them.
- I will be happy to provide the final Forum report as soon as it is available.

Thank you for the opportunity to serve!

Deborah G.



# **RULE 62 SECTION**

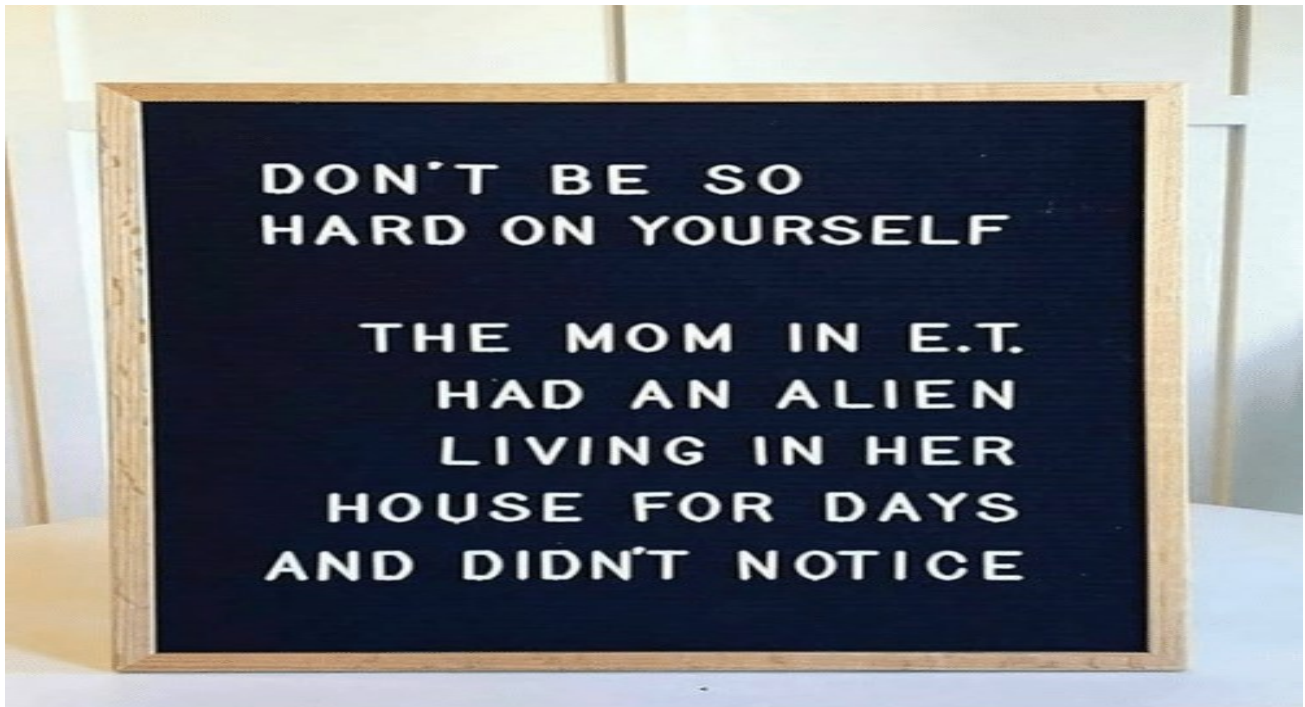


**GIVE A MAN A FISH AND FEED HIM FOR A DAY.  
DON'T TEACH A MAN TO FISH...AND FEED  
YOURSELF. HE'S A GROWN MAN. AND  
FISHING'S NOT THAT HARD.**

[www.4mat.com/meme.com](http://www.4mat.com/meme.com)







## DISTRICT SERVANTS

### **DCM**

Deborah G.  
[dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)

### **Alternate DCM**

Cindy M.  
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### **Secretary**

Sara A.

### **Alt. Secretary**

OPEN

### **Treasurer**

Reino F.

### **Alt. Treasurer**

OPEN

### **Literature Chair**

Jackie S.

### **IT Representative**

Joel G.

### **Treatment Facilities Chair**

OPEN

### **PI Rep**

OPEN

### **Correctional Facilities Chair**

OPEN

### **Grapevine Rep.**

Patti B.

### **Newsletter Editor**

Matthew D.

### **Intergroup Rep**

Dan K.

### **Barista**

Elizabeth G.

### **Archives Chair**

Mary Kaye F

### **CPC Rep**

Jenn P.

# Upcoming Events

## 56th SETA Convention

January 19-21, 2018

Holiday Inn (Walden Rd)

Beaumont, TX

## 2018 Intergroup Convention

June 15-17, 2018

Westin Oaks Hotel in the Galleria

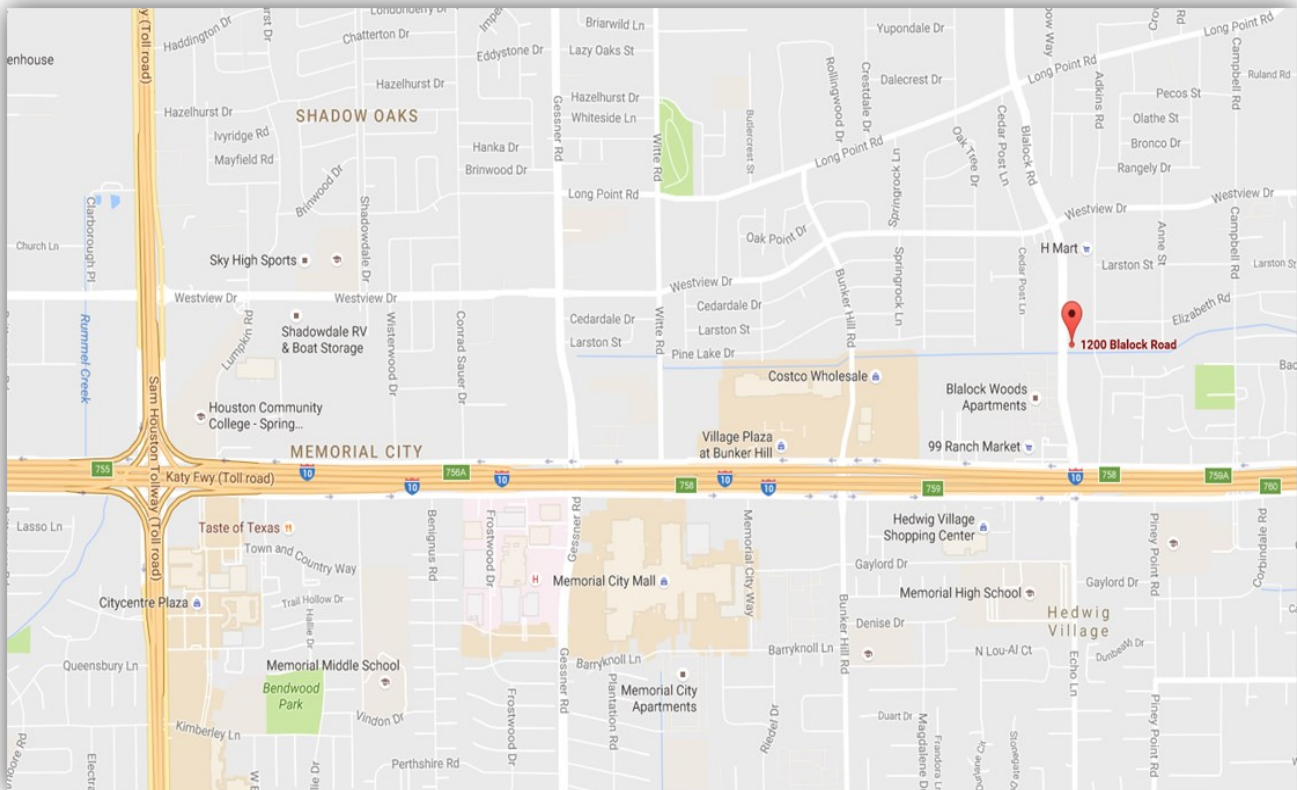
Houston, TX

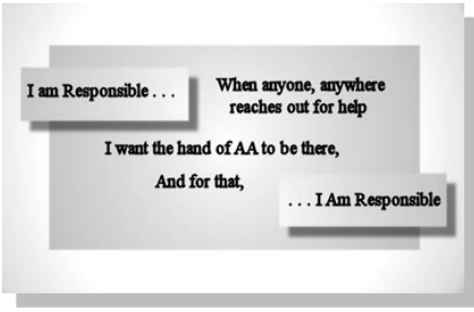
For more events visit:

[aahouston.org](http://aahouston.org)

[aa.org](http://aa.org)

[aa-seta.org](http://aa-seta.org)





**If you have a story, quote, cartoon, or image you would like to see published in the District 40 News, please send it to [dcm-40@aa-seta.org](mailto:dcm-40@aa-seta.org)**

THE NEXT DISTRICT MEETING IS

**JANUARY 9, 2018**

**@ 7:15 PM**

District 40 meets on the

2nd Tuesday

of every month from

7:15PM—9:00 PM at the

Spring Branch Memorial Club

1200 Blalock Rd. #378

Houston, TX 77055

Committee	Meeting Time	Location
Archives	1st Saturday of the month at 10:00 AM	521 N. Sam Houston Pkwy East, Suite 215 Houston, TX 77060
Cooperation with the Professional Community (CPC)	1st Monday of the month at 7:00pm	Spring Branch Memorial Club 1200 Blalock, Suite 378
Correctional Facilities (CFC)	3rd Wednesday of every month from 7:30-9:00 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057
Grapevine	3rd Thursday of the month at 7:30 PM	The Delta Club 6400 Westpark Dr, Suite 355 Houston, TX 77057
Intergroup	3rd Thursday of every other month at 8:00 PM	4140 Directors Row, Suites D & E, Houston, Texas, 77092
Internet Technologies (IT)	4th Saturday of the month from 10:00 AM – 12:00 PM	Spring Branch Memorial Club 1200 Blalock, Suite 378, Room C
Literature	–	–
Mult-Lingual	1st Thursday of the month at 7:30 PM	District 63 4800 West 34th St. Suite B-8 Houston, TX 77092
Public Information (PI)	3rd Monday of the month at 7:15 PM (Except on Assembly months)	Houston Council On Alcohol And Drugs 303 Jackson Hill Houston, TX 77007

Just Starting a group in District 40 and wish to add it to this newsletter?

October 10, 2017

**Call to Order:** Serenity Prayer, Preamble and Unity Declaration

**Tradition X / Concept X:** Reading and Summation by Sasha F. and Sunshine E.; Group History – Dan K.

**Volunteers for next month:** Tradition XI – Elizabeth G.; Concept XI – Kim K.; Group History – Derek S.

**Introduction of Attendees:** 28 Attendees for our Business Meeting

**Normal Business:**

1. *Secretary's Report* – Accepted with corrections
2. *Treasurer's Report* – August approved as submitted, September approved as written

**Committee Reports:**

1. Archives – Mary Kaye F.
  - Attended 21<sup>st</sup> Annual NAAAW (National AA Archives Workshop) in Winnipeg, Manitoba; brought Area 67 Archives display showing the history of early AA in the Houston and Texas area; put together by our Archivist Sarah D.
  - Much of the focus of the workshop was on Anonymity and the fact that any Archive material available to the public should be divested of last names - even posthumously.
  - As usual at an AA workshop the days were long and full of information; began with an AA recovery meeting and ended with a special presentation to the full group; multiple break-out sessions on various topics with special care given to the focus on how to manage Archives; sessions on the history of Canadian AA and Manitoba/Winnipeg AA.
  - What I personally found the most helpful were the sessions on Introduction to Archives - Basic Standards, Practical Preservation presented by two non-member friends with extensive experience in Archives. This gave many practical suggestions; unfortunately many of them are quite beyond our budget. They also gave us a list of resources that could be very beneficial in our efforts. The second was presentation Digital Archives: Why, Why Not and How. This provided so much information on the digitization of materials that I got a second CD of this presentation for our committee member in charge of digital media.
  - The record of what occurred is going to be available online at the NAAAW site and in the Area 67 Archives.; In 1957 Bill W. reminded us that keeping accurate records of our history was of extreme importance so that our message would never be diluted or distorted. If you are interested in joining us in our efforts to fulfill this mandate to contact us.
2. Barista – Elizabeth G.
  - All is in good order.
3. Correctional Facilities Committee (CFC) – OPEN
  - Cindy M. reported
  - There will be a CFC Workshop at the upcoming Assembly, Saturday October 14, 2017.
  - Due to the cancellation of the annual Conference, those of you who were planning on going to Orientation you can still do so. Here is the website of the upcoming Orientation Schedule. [http://tdcj.state.tx.us/documents/Volunteer\\_Training\\_Schedule\\_Date.pdf](http://tdcj.state.tx.us/documents/Volunteer_Training_Schedule_Date.pdf)



- If you have any questions, contact a member of the area CFC committee [www.aa-seta.or](http://www.aa-seta.or)
  - CFC meets on the 3rd Wednesday of every month 7:30-9:00 P.M. at Delta Club 6400 Westpark Dr., Suite 355, Houston, TX 77057
  - Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information
4. Cooperation with the Professional Community (CPC) – OPEN
- Working with Area CPC Chair on workshop & presentations at Districts.
  - Joining with the PI Committee to present a workshop at the next area assembly during the usual committee meeting time.
  - Working with PI Chair on translating the professional page.
  - GSO contacted chair regarding the NADCP Exhibit May 30-June 2, 2018, will extend the opportunity to D81 & we will accept the request. Second exhibit request for October 5-9, 2018, this date is conflicting with SWRAASA, so the committee will continue to discuss if this will be possible.
  - CPC meets the 1<sup>st</sup> Monday each month at 7:30 P.M. at Spring Branch Memorial Club, 1200 Blalock, Ste 378, Houston, TX 77055
  - Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information
5. Grapevine – Patti B.
- We will now have available forms at the Grapevine table for groups or anyone to order Grapevine literature. We will be doing a raffle at the assembly's to giveaway literature. We will do this for both days giving away a total of 4 subscriptions. 2 La Vina, 2 Grapevines and 2 books - Language of the Heart.
  - Grapevine held a table at District 90 Convention and gave away raffle tickets and we pulled two tickets at meeting. They will receive a free grapevine subscription.
  - You can support Grapevine through subscriptions, as well as, submitting an audible/written article
  - Check out the Grapevine App at [www.aagrapevine.or](http://www.aagrapevine.or)
  - Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information
  - Consider donating your used copies of the Grapevine to the CFC committee to take into prisons or to the TFC committee to take into their facilities
6. Information Technology (IT) – Joel G.
- Betsy G reported.
  - Joel G voted in.
  - IT Committee meets the 4<sup>th</sup> Saturday from 10:00 am – 12:00 pm at SBMC
  - Meeting also available in the Go-To Meeting format
  - Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information
7. Intergroup – Dan K.
- No Report
  - Visit [www.aa-houston.or](http://www.aa-houston.or) for more information
8. Literature – Jackie S.
- This month's Pamphlet Challenge: "Alcoholics Anonymous in Your Community"
  - This pamphlet was created in 1966 but was revised per a 2003 Advisory Action. This extremely informative pamphlet can be useful in many ways. Such as clearing up any misconceptions one might have when attending A.A. meetings. I say that because when I don't read A.A. literature, like this pamphlet for example, I tend to just believe what other people say and do which may or may not be exactly an A.A. responsibility. We are A.A. members and individuals. Therefore, some things we can do as an A.A. member and other things would have to be done as individuals. There are several examples mentioned in this pamphlet. What other uses can you think of?
  - Also, this month I brought the new free service material, "Safety Card for A.A. Groups". These are a hot item; please make it available to your group. There is an article in the fall 2017 box 459 newsletter from

GSO telling a lot more information about them. Also, in the newsletter, I saw that GSO's Publishing Department has begun giving A.A.'s pamphlet and book covers a makeover. I guess the covers are not conference approved. And there is an article about Patrick C., one of our Past Delegates. The more I read the box 459 newsletter, the more I enjoy it!

- From the new Quarterly Report from G.S.O., The trustees' Literature Committee chair appointed three subcommittees to: 1) review existing recovery literature, identify places where it may be appropriate to insert the topic of **safety**, and provide suggestions on language; 2) continue work on the update of the pamphlet "**Young People and A.A.**"; and 3) continue work on the project of expanding the availability of "**plain language**" recovery literature.
- **The committee agreed to forward to the 2018 Conference Literature Committee a request to add an appendix to the Big Book reflecting "recognition received from the Library of Congress."**

9. Newsletter – Matthew D.

- Thank you for all the articles!
- Next month's topic: Your experience at the assembly; Gratitude (in the spirit of Thanksgiving); Your experience, strength and hope with your conscious contact with God.

10. Public Information (PI) – OPEN

- Working with Area CPC Chair on workshop & presentations at Districts.
- Working with the Spanish community trying to recruit member's participation. The next Spanish meeting is in October; will try to have more information after that meeting.
- PI and CPC Chairs are joining forces to update the PI & CPC webpage's to reflect the committee's growth.
- PI meets the 3<sup>rd</sup> Monday of each month at 7:30 P.M. at Spring Branch Memorial Club, 1200 Blalock, Ste 378, Houston, TX 77055
- Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information

11. Treatment Facilities Committee (TFC) – OPEN

- Meets the 2<sup>nd</sup> Monday of the month at 7:00 PM via GoToMeetings, (except Assembly months); At Area Assembly, Saturdays from 4:30 - 6:00 PM
- Visit [www.aa-seta.or](http://www.aa-seta.or) for all contact and meeting information

**New Business:**

1. *District Meeting rent for 2017*

- Reino F. confirmed with SBMC amount of rent is up to District 40*
- Voted on to pay \$20 thru end of 2017*
- 2018 location to be determined in the November meeting*

2. *Upcoming Workshop*

- Cindy M, Lindy S. & Jackie S. leading "Anonymity" workshop December 2<sup>nd</sup> hosted by Katy 12 & 12*
- Colored Flyers will cost 59 cents each, flyers to be distributed at the Assembly*
- Coffee & water available at venue & vending also available.*
- Betsy G. & Kristina S. to present at the workshop*

3. *Gratitude Dinner Nov. 12<sup>th</sup> 2-5pm – Deborah G.*

- Caesar Salad contribution by District 40 to be arranged by Lindy S. & Sara A*
- Contributions are welcomed to Gratitude Dinner*

4. *2018 District 40 Budget - Reino F. reviewed with the group*
5. *Open Positions – Alt Secretary, Alt. Treasurer, CFC, CPC, TFC, PI. **Everyone tell your groups about these service opportunities.** Joel G Voted in as IT Rep*

**Group News:**

1. *The God Meeting Group assigned a male & a female safety point of contact. These are individuals that are the go to person for any issues regarding the safety of the group.*
2. *District 40 has a new meeting location, SBMC 2<sup>nd</sup> Tuesday every month at the SBMC 7-9pm. Tell your groups & invite new attendees.*

**Announcements:**

- See Flyers for Upcoming Events